



### Hampshire Neuro Rehab Recipes

**Give Yourself Time** – when you need to take extra time, take a step back, breathe and re-Cookfulness yourself

**Key** steps marked for when something really important is needed

**Hints & Tips** to help you throughout and after

**Cookfulness Playlists** get your best tracks going!

#### Carrot, Coriander & Cumin Baked Falafels

**Difficult rating** 1 2 3 4 5

**Cooking time:** 16 mins

**Give Yourself Time:** 1 hour 50 mins

**Makes:** 24

**Preparation time:** 15 mins plus 60 mins chill time

#### **You Will Need**

Large baking tray

Can opener

Tablespoon

Food processor

Large mixing spoon

Grease proof paper or oil spray

Teaspoon

Grater or food processor with grater attachment

Large mixing bowl

Clingfilm/foil

#### **Ingredients**

2 cans chickpeas- drained

1 teaspoon baking powder\*

1 teaspoon garlic paste

1 teaspoon ground coriander

Small packet sesame seeds (handful)

1 tablespoon cornflour or plain flour\*

200g grated carrot (given a squeeze to remove excess liquid)

1 teaspoon ground cumin

1 teaspoon ginger paste

\*Straight swap for gluten free and/or vegan alternatives

#### **Method**

Add all ingredients **key except** the sesame seeds to your processor and pulse to combine well (a minute of pulsing)

Tip mixture into your bowl, cover and put into the fridge for **key set timer** 1 hour

**Key** preheat the oven to 180c

Spray your baking tray with oil or cover with greaseproof paper

Remove bowl from the fridge and give the mixture a good stir with your spoon

Add the sesame seeds and gently combine

Using your hands, shape into golf ball size pieces and put onto the baking tray

When all done, into the oven and **key set timer** for 8 mins

Carefully remove the tray and flip the falafel balls, then back into the oven for **key set timer** for 8 mins

Carefully remove and eat hot, warm or cold!

#### **Hints & Tips**

A good chill, even overnight, makes these a lot easier to shape

You can freeze these cooked or pre cooked

#### **Ways To Change**

Spice them up with chilli or ginger!

## **Pea Pesto**

**Difficult rating** 1 2 3 4 5

**Makes – more than enough!**

**Preparation time:** 15 mins

**Cooking time:** 0 mins

**Give Yourself Time:** 25 mins

### **You Will Need**

Food processor

Knife

Weighing scales / Cup

Bowl/jar for storage

Chopping board

Zester

Spatula

### **Ingredients**

220g / 1½ cups frozen peas (thawed)

30ml olive oil

½ quantity of Mint leaves (not stalks) to Basil

Salt & pepper

70g / ½ cup pine nuts

1 large handful fresh Basil (stalks and all)

Zest & juice 1 lemon

### **Method**

Add all the ingredients to the processor and whizz to combine well

Carefully remove the blade and set aside

Using the spatula remove all of the pesto into a bowl/jar

### **Hints & Tips**

This freezes very well, just add a little olive oil on top before freezing

You can use fresh peas if you want to

If you think it needs more liquid, add a little more olive oil

### **Ways To Change**

Add a little ginger paste and/or chilli paste

Play with the ratio of Basil to Mint

Try using lime instead of lemon

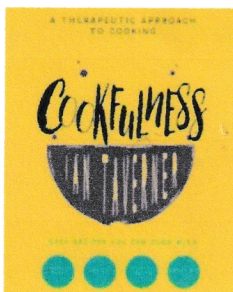
**Congratulate yourself and be proud!**

Email [Cookfulness@gmail.com](mailto:Cookfulness@gmail.com)

website [www.cookfulness.co.uk](http://www.cookfulness.co.uk)

Instagram, TikTok, Facebook, X, Blue Sky, all - @Cookfulness    YouTube - Cookfulness

**The Cookfulness Cookbook is available in hard copy & e-book on Amazon / BookshopUK / Waterstones**



## **Quesadillas**

**Difficult rating** 1 2 3 4 5

**Makes – as many as you want!**

**Preparation time:** 15 mins

**Cooking time:** 5 mins each

**Give Yourself Time:** 25 mins

### **You Will Need**

Large frying pan

Knife

Teaspoon

Plate/dish to keep warm

Small mixing bowl

Chopping board

Zester

Tablespoon

Spatula

### **Ingredients**

1 packet wholegrain flour tortillas

Small jar tomato pasta sauce or salsa

Cooking oil spray

Additional options, including-

Jar chopped mixed peppers

Different mixed cheeses

Chilli sauce/paste

Grated mozzarella cheese

Chipotle paste

Spring Onion/Scallion

Microwave flavoured rice

Fresh basil, coriander, thyme

### **Method**

Key preheat oven to 150c

Add 2 tablespoons of salsa/pasta sauce to 1 teaspoon of chipotle paste and mix well to combine

Put the frying pan onto a medium heat and spray well with the oil spray

Carefully place a tortilla onto the pan, flat

Thinking of a clock face, spread some of your sauce mix down one side of the tortilla, from 12 down to 6 and over to 3, leaving the other half alone

Sprinkle cheese over the sauce mix

Using the spatula, carefully fold the tortilla over from 9 o'clock over to 3 o'clock (are side onto sauce/cheese side) and gently press down

After **key** 2 mins, carefully flip the folded tortilla over and cook for another **key** 2mins

Repeat, keeping the cooked quesadillas warm in the oven until ready to serve

### **Hints & Tips**

Before you start, check that your frying pan is big enough to hold the tortillas flat within it

### **Ways to Change**

Once you have the basic recipe and process going, you can basically add whatever you like inside. Don't make them too thick though as they won't have time to cook through



## Peach & Plum, Honey & Black Pepper Caprese Salad

Difficult rating 1 2 3 4 5

**Makes: for 4**

**Preparation time: 20 mins**

**Cooking time: 3 mins**

**Give Yourself Time: 30 mins**

### **You Will Need**

Cup

Knife

Small saucepan

Serving Bowl or Plate

Teaspoon

Chopping board

Metal spoon

### **Ingredients**

3-4 medium sized ripe peaches

Handful fresh Basil leaves

Teaspoon ground black pepper

½ cup honey

3 ripe plums

1 round fresh mozzarella ball

5 fresh mint leaves – torn into pieces

### **Method**

Pour the honey into your saucepan & add the black pepper & onto a low/medium heat

Once you see a few small bubbles, add the mint leaf pieces and then turn up the heat until it starts to bubble hard

Stir with the metal spoon and let bubble for **Key 2 mins** then turn off the heat and set aside

Cut the peaches and plums into quarters, making sure to remove any stones

Cut the mozzarella into thin slices

Arrange the peaches, plums and mozzarella how you like in a bowl or on a plate but try and keep the same colour patterns as much as possible

Tuck a fresh basil leaf in between as many of the layered peaches, plums and mozzarella

Just before serving, gently warm the honey mix until it goes runny, then carefully, using the spoon, drizzle all over the salad, making sure to pick up all the mint leaves and pepper too

**Serve & enjoy!**

### **Hints & Tips**

When arranging the salad, try going in a circle with overlaid ingredients in order and then repeat

If you are arranging in a large circle, pile a handful of fresh rocket in the centre for a showpiece dish

Don't let the honey boil more than the 2 mins as it can burn and spoil the taste

### **Ways To Change**

Some lemon zest on top adds another layer of taste

Use watermelon instead of plums

**Congratulate yourself and be proud**

Email [Cookfulness@gmail.com](mailto:Cookfulness@gmail.com)

website [www.cookfulness.co.uk](http://www.cookfulness.co.uk)

Instagram, TikTok, Facebook, X, Blue Sky, all - @Cookfulness YouTube - Cookfulness

The Cookfulness Cookbook is available in hard copy & e-book on Amazon / BookshopUK / Waterstones

